

DAYCARE ALLERGEN
LUNCH – MARCH MENU

Major Food Allergens: Milk [M], Egg [E], Wheat [W], Fish [F], Sesame [SE], Soy [S] (includes Soybean oil), This menu is free of Peanuts, Tree nuts and Shellfish. Tomato [T], Cinnamon [CN], Corn [C] (includes Corn syrup & Corn starch) menus

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

LUNCH

LUNCH

4
4 Beef Meatballs (2 oz) [M] [W] [S] [T]
w/ Marinara Sauce [T]
¼ c **WG** Penne Pasta [W]
½ c **Spinach Salad** w/ Italian [S]
½ c **Mandarin Oranges**
¾ c Milk [M]
Veg: 3 Vegan Meatballs (3 oz) [G] [S] w/ Marinara sauce [T]

11
1 Chicken Drumsticks (2.5 oz) [C]
w/ BBQ Sauce [T] [C]
1 **WG** Roll (1.13 oz) [G] [S] [SE]
¼ c **Potato Salad** [S] [E] [C]
¼ c **Apple Slices**
¾ c Milk [M]
Veg: 2 oz Mozzarella Cheese Sandwich

18
Make your Fajita
½ c Chicken Fajita mixture [T]
¼ c Chicken Strips (2 oz) [S] [C]
1 **WW** Tortilla (1 oz) [G] [S]
½ c **Shredded Lettuce**
¼ c **Peaches**
¾ c Milk [M]
Veg: Fajita mixture with 3/8 c Seasoned Black Beans [T]

25
1/2 c Red Velvet Chili [T]
(2 oz beef, ¼ c beans, ¼ c **beets**)
1 oz Corn Bread [G] [E] [D] [C] [S]
½ c **Spinach Salad** w/ Italian
¼ c **Apple slices**
¾ c Milk
Veg: 5/8 c Vegetarian Chili [T]

5
¼ c Chicken Strips (2 oz) [S] [C]
in Teriyaki Sauce [S] [C]
¼ c **Brown rice**
½ c **Tossed Salad** w/ Ranch [T] [E] [S]
¼ c **Pears**
¾ c Milk [M]
Veg: Tofu (3 oz) [S] in Teriyaki sauce [S] [C]

12
Make your Wrap
2 Turkey slices (1 oz) [C]
2 Tbsp Hummus [SE]
1 Cheese slice (0.75 oz) [D]
1 **WW** Tortilla (1 oz) [G] [S]
½ c **Spinach Salad** w/ Ranch [D] [E] [S]
2 **Orange wedges**
¾ c Milk [M]
Veg: 2 oz Fresh Mozzarella Cheese [D]

19
Make your Sandwich
1 Hamburger Patty (1.75 oz) [S] [C] w/
BBQ Sauce [T] [C]
1 **WG** Bun (1.12 oz) [G] [SE] [S]
½ c Chickpeas Salad w/ Diced Cucumbers
¼ c **Mango**
¾ c Milk [M]
Veg: 1 Veggie Burger (2.5 oz) [G] [S] [D] [E] w/ BBQ Sauce [T] [C]

26
4 Chicken Nuggets (3.2 oz) [G] [S] [C]
w/ Ketchup [T] [C]
1 **WG** Roll (1.13 oz) [G] [S] [SE]
¼ c **Coleslaw** [S] [E] [C]
¼ c **Fresh Fruit Salad** (Pineapple, Cantaloupe and Honeydew)
¾ c Milk [M]
Veg: 4 Veggie Chik'n Nuggets (3 oz) [G] [S] w/ Ketchup [T] [C]

6
Make your Taco
¼ c Ground Beef (2 oz) Taco Meat [T]
2 Tbsp Shredded Cheddar Cheese [D]
½ c **Shredded Lettuce**
1 **WW** Tortilla (1 oz) [G] [S]
¼ c **Fresh Fruit Salad** (Pineapple, Cantaloupe and Honeydew)
¾ c Milk [M]
Veg: 1/4 c Vegan Ground Meat (1 oz) [T]

13
4 Chicken Nuggets (3.2 oz) [G] [S] [C]
w/ Ketchup [T] [C]
1 **WG** Roll (1.13 oz) [G] [S] [SE]
½ c **Tossed salad** w/ Italian [S]
¼ c **Pears**
¾ c Milk [M]
Veg: 4 Veggie Chik'n Nuggets (3 oz) [G] [S] [C] w/ Ketchup [T] [C]

20
½ c Spanish Rice with Chicken Peas [T]
¼ c Diced Chicken (2 oz)
¼ c **Brown Rice**
¼ c **Broccoli** w/ Ranch [D] [E] [S]
¼ c **Fresh Fruit Salad** (Pineapple, Cantaloupe and Honeydew)
¾ c Milk [M]
Veg: Spanish Rice w/ 3/8 c Black Beans [T]

27
1 Cheese Lasagna Roll-up (3.5 oz) [G] [E] [D] [C] w/ Marinara Sauce [T]
WG Lasagna noodles (1 oz eq)
1 String cheese (1 oz) [D]
¼ c **Fields Greens salad** w/ **Creamy Italian** [S]
¼ c **Peaches**
¾ c Milk [M]
Veg: Same

7
¼ c Chicken Salad [E] [S]
1 **WG** Bun (1.12 oz) [G] [SE] [S]
¼ c **Carrots** w/ Veggie Dip [D] [E] [S] [C]
¼ c Pears
¾ c Milk [M]
Veg: 2 oz Mozzarella Cheese [D]

14
Make your Sandwich
1 Hamburger Patty (1.75 oz) [S]
[C] w/ BBQ Sauce [T] [C]
1 **WG** Bun (1.12 oz) [G] [SE] [S]
¼ c **Cucumber & Tomatoes Slices**
¼ c **Peaches**
¾ c Milk [M]
Veg: 1 Black Bean Burger (2.9 oz) [G] [S] [D] [E] [C] w/ BBQ sauce [T] [C]

21
Make your Sub
4 Beef Meatballs (2 oz) [D] [G] [S] [T]
w/ Marinara sauce [T]
1 pc Parmesan Cheese [D]
1 Hot Dog **WG** Bun [G] [S] [SE]
½ c **Spinach Salad** w/ Italian [S]
¼ c **Pears**
¾ c Milk [M]
Veg: 3 Vegan Meatballs (3 oz) [G] [S] w/ Marinara sauce [T]

28
1 Meatloaf ([S] [G] [D] [T]) w/
Gravy [G] [D] [S]
1 **WG** Roll [G] [S] [SE]
¼ c **Broccoli** w/ Ranch [D] [S] [E]
¼ c **Pears**
¾ c Milk
Veg: 1 Veggie Burger (2.5 oz) w/ BBQ Sauce [G] [S] [D] [E]

1 Cheese Lasagna Roll-up [D]
oz [G] [E] [D] [C] w/ Marinara Sauce [T]
WG Lasagna noodles (1 oz eq)
1 String cheese (1 oz) [D]
¼ c **Broccoli** w/ Ranch [D] [E] [S]
[D] [E] [S]
¼ c **Mango**
¾ c Milk [M]
Veg: Same

8
½ c Macaroni & Cheese [E] [D] [G] [S]
(1.0 oz m/ma; 0.87 oz eq noodles)
1 String Cheese (1 oz) [D]
¼ c **Broccoli** w/ Ranch [D] [E] [S]
¼ c **Fresh Fruit Salad** (Pineapple, Cantaloupe and Honeydew)
¾ c Milk [M]
Veg: Same

15
Make your Pizza
2 oz Shredded Mozzarella [D] [C]
1 **WG** Mini Flatbread [G] [D] [S] [SE]
½ c Hot Marinara Sauce [T]
¼ c **Broccoli** w/ Italian [S]
¼ c **Fresh Fruit Salad** (
¾ c Milk [M]
Veg: Same

22
½ c Macaroni & Cheese [E] [D] [G] [S]
(1.0 oz m/ma; 0.87 oz eq noodles)
1 String Cheese (1 oz) [D]
¼ c **Zucchini Sticks** w/ **Creamy Italian** [S]
¼ c **Honeydew**
¾ c Milk [M]
Veg: Same

29
Make your Sandwich.
1 Veggie Burger [G] [S] [D] [E]
w/ Mayo [E]
1 **WG** Bun (1.12 oz) [G] [SE] [S]
¼ c Cucumber and Tomatoes Slice [T]
¼ c Melon Salad
¾ c Milk
Veg: Same